ORDERING REPLACEMENT PARTS

To order replacement parts, contact the ICON Health & Fitness, Ltd. office, or write:

ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4, Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

Tel:

08457 089 009

Outside the UK: (44) 113 387 7133
Fax: (44) 113 387 7125

To help us assist you, please be prepared to provide the following information:

- the MODEL NUMBER of the product (PETL38905.1)
- the NAME of the product (PROFORM 380 P treadmill)
- the SERIAL NUMBER of the product (see the front of this manual)
- the KEY NUMBER AND DESCRIPTION OF THE PART(S) (see the PART LIST and the EXPLODED DRAWING in the centre of this manual)

Part No. 231230 R1205A

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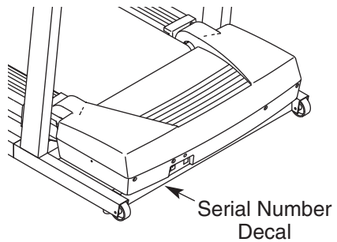
PRO-FORM® 380 P

Model No. PETL38905.1
Serial No. _____



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, please call:

08457 089 009

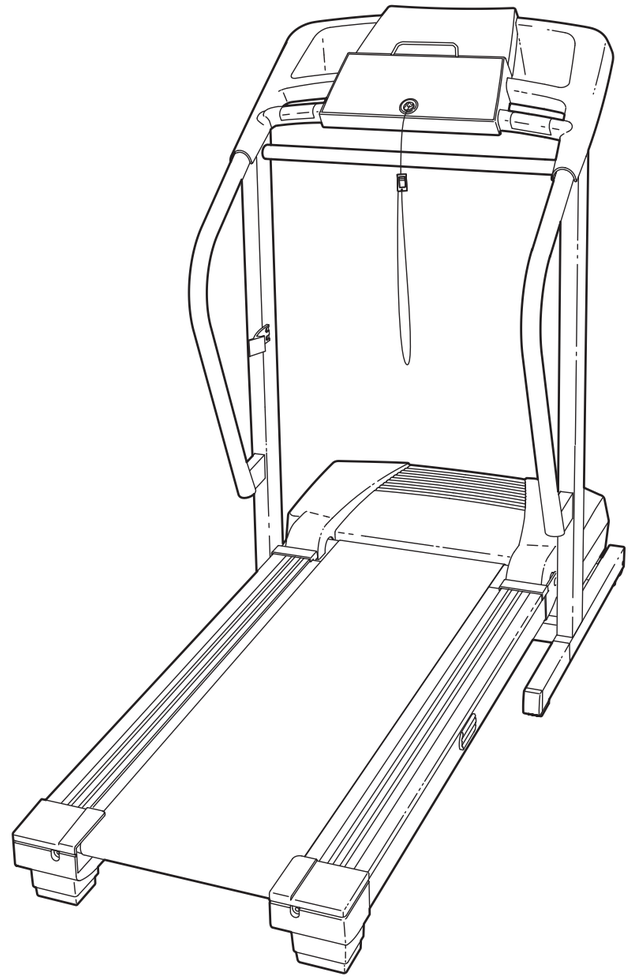
Or write:
ICON Health & Fitness, Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road, Beeston
Leeds, LS11 8JG
UK

email: csuk@iconeurope.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL



Visit our website at
www.iconeurope.com

PRO-FORM®
380 P

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Note: An EXPLODED DRAWING and a PART LIST are attached in the center of this manual.

PROFORM is a registered trademark of ICON IP, Inc.

NOTES

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

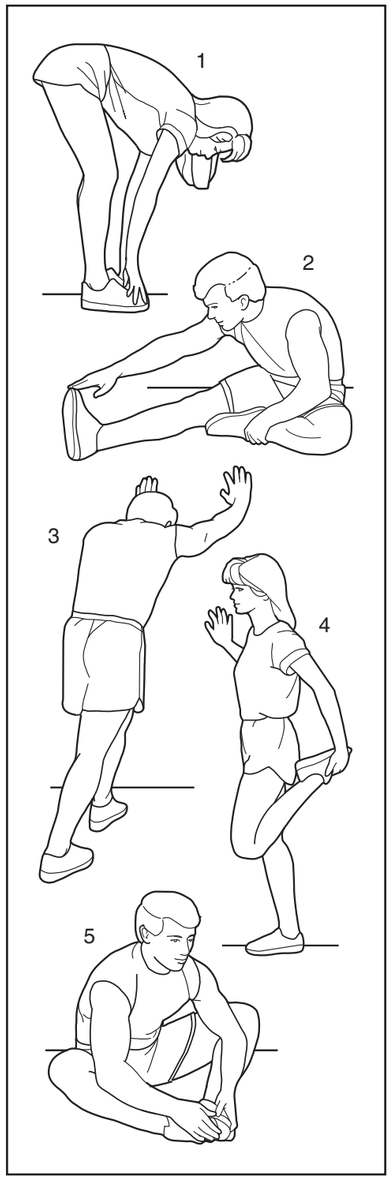
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill.

1. **It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.**
2. **Use the treadmill only as described in this manual.**
3. **Place the treadmill on a level surface, with at least 2.5 m (8 ft.) of clearance behind it and 0.5 m (2 ft.) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.**
4. **Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.**
5. **Do not operate the treadmill where aerosol products are used or where oxygen is being administered.**
6. **Keep children under the age of 12 and pets away from the treadmill at all times.**
7. **The treadmill should be used only by persons weighing 115 kg (250 lbs.) or less.**
8. **Never allow more than one person on the treadmill at a time.**
9. **Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes; never use the treadmill with bare feet, wearing only stockings, or in sandals.***
10. **When connecting the power cord (see page 10), plug the power cord into an earthed circuit. No other appliance should be on the same circuit. When replacing the fuse, an ASTA approved BS1362 type should be fitted to the fuse carrier. A 13 amp fuse should be used.**
11. **If an extension cord is needed, use only a 3-conductor, 1mm² (14-gauge) cord that is no longer than 1.5 m (5 ft.).**
12. **Keep the power cord away from heated surfaces.**
13. **Never move the walking belt whilst the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See TROUBLESHOOTING on page 23 if the treadmill is not working properly.)**
14. **Read, understand, and test the emergency stop procedure before using the treadmill (see OPERATION AND ADJUSTMENT on page 10).**
15. **Never start the treadmill whilst you are standing on the walking belt. Always hold the handrails whilst using the treadmill.**
16. **The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.**
17. **The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.**
18. **Never leave the treadmill unattended whilst it is running. Always remove the key, unplug the power cord, and move the on/off switch to the "off" position when the treadmill is not in use. (See the drawing on page 5 for the location of the on/off switch.)**
19. **Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 6, and HOW TO FOLD AND MOVE THE TREADMILL on page 21.) You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.**
20. **When using iFIT.com programs, an electronic "chirping" sound will alert you when the speed and/or incline of the treadmill is about to change. Always listen for the "chirp" and be prepared for speed and/or incline changes. In some instances, the speed and/or incline may change before the personal trainer describes the change.**

21. When using iFIT.com programs, you can manually override the speed and incline settings at any time by pressing the speed and incline buttons. However, when the next "chirp" is heard, the speed and/or incline will change to the next settings of the program.

22. Remove iFIT.com CDs and videos from your CD player or VCR and disconnect your MP3 player when you are not using them.

23. When folding or moving the treadmill, make sure that the storage latch is fully closed.

24. Inspect and properly tighten all parts of the treadmill regularly.

25. Never insert any object into any opening.

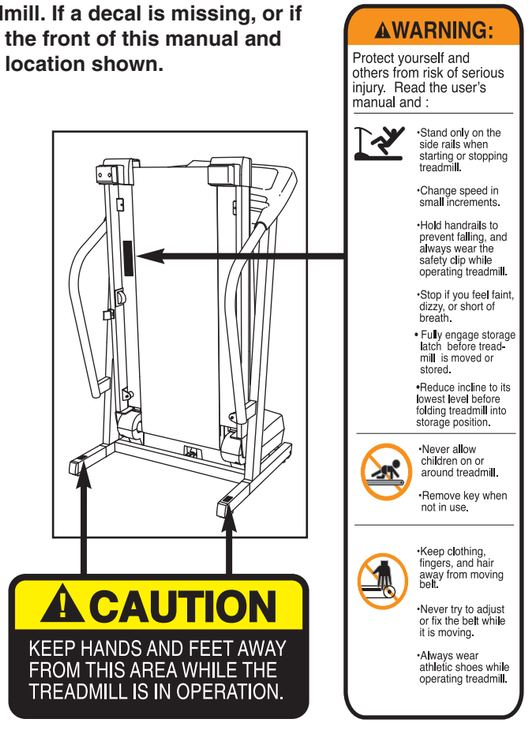
26. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorised service representative. Servicing other than the procedures in this manual should be performed by an authorised service representative only.

27. This treadmill is intended for in-home use only. Do not use this treadmill in a commercial, rental, or institutional setting.

⚠WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

SAVE THESE INSTRUCTIONS

The decals shown here have been placed on the treadmill. If a decal is missing, or if it is not legible, call the toll-free telephone number on the front of this manual and order a free replacement decal. Apply the decal in the location shown.


⚠WARNING:
Protect yourself and others from risk of serious injury. Read the user's manual and :
•Stand only on the side rails when starting or stopping treadmill.
•Change speed in small increments.
•Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
•Stop if you feel faint, dizzy, or short of breath.
• Fully engage storage latch before treadmill is moved or stored.
•Reduce incline to its lowest level before folding treadmill into storage position.
•Never allow children on or around treadmill.
•Remove key when not in use.
•Keep clothing, fingers, and hair away from moving belt.
•Never try to adjust or fix the belt while it is moving.
•Always wear athletic shoes while operating treadmill.
⚠CAUTION
KEEP HANDS AND FEET AWAY FROM THIS AREA WHILE THE TREADMILL IS IN OPERATION.

CONDITIONING GUIDELINES

⚠WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

The pulse sensor is not a medical device. Various factors, including your movement, may affect the accuracy of heart rate readings. The sensor is intended only as an exercise aid in determining heart rate trends in general.

The following guidelines will help you to plan your exercise program. For more detailed exercise information, obtain a reputable book or consult your physician.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning and aerobic exercise.

♥	165	155	145	140	130	125	115
♥	145	138	130	125	118	110	103
♥	125	120	115	110	105	95	90
	20	30	40	50	60	70	80

To find the proper heart rate for you, first find your age near the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers define your "training zone." The lower two numbers are recommended heart rates for fat burning; the higher number is the recommended heart rate for aerobic exercise.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate calories* for energy. Only after the first few minutes does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the speed and incline of the treadmill until your heart rate is near the lowest number in your training zone.

For maximum fat burning, adjust the speed and incline of the treadmill until your heart rate is near the middle number in your training zone.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the speed and incline of the treadmill until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Each workout should include the following three parts:

A Warm-up—Start each workout with 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise.

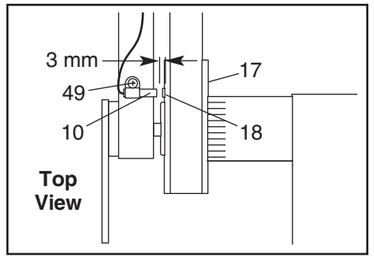
Training Zone Exercise—After warming up, increase the intensity of your exercise until your pulse is in your training zone for 20 to 60 minutes. (During the first few weeks of your exercise program, do not keep your pulse in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

A Cool-down—Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months, you may complete up to five workouts each week if desired. The key to success is to make exercise a regular and enjoyable part of your everyday life.

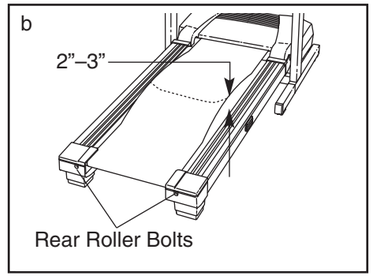
Locate the Reed Switch (10) and the Magnet (18) on the left side of the Pulley (17). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 3 mm (1/8 in.).** If necessary, loosen the Screw (49), move the Reed Switch slightly, and then retighten the Screw. Reattach the Hood, and run the treadmill for a few minutes to check for a correct speed reading.



PROBLEM: The walking belt slows when walked on

SOLUTION: a. If an extension cord is needed, use only a 3-conductor, 1mm² (14-gauge) cord that is no longer than 1.5 m (5 ft.).

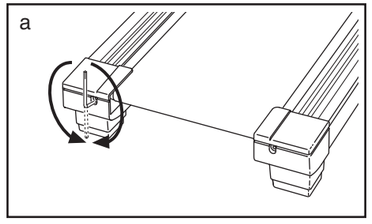
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 5 to 7 cm (2 to 3 in.) off the walking platform. Be careful to keep the walking belt centred. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



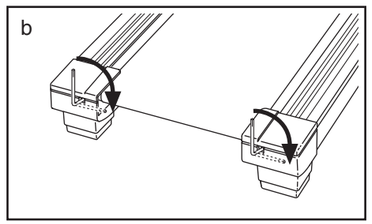
c. If the walking belt still slows when walked on, see the front of this manual.

PROBLEM: The walking belt is off-centre or slips when walked on

SOLUTION: a. If the walking belt is off-centre, remove the key and **UNPLUG THE POWER CORD**. **If the walking belt has shifted to the left,** use the hex key to turn the left rear roller bolt clockwise 1/2 of a turn; **if the walking belt has shifted to the right,** turn the bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centred.



b. If the walking belt slips when walked on, remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 5 to 7 cm (2 to 3 in.) off the walking platform. Be careful to keep the walking belt centred. Then, plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.

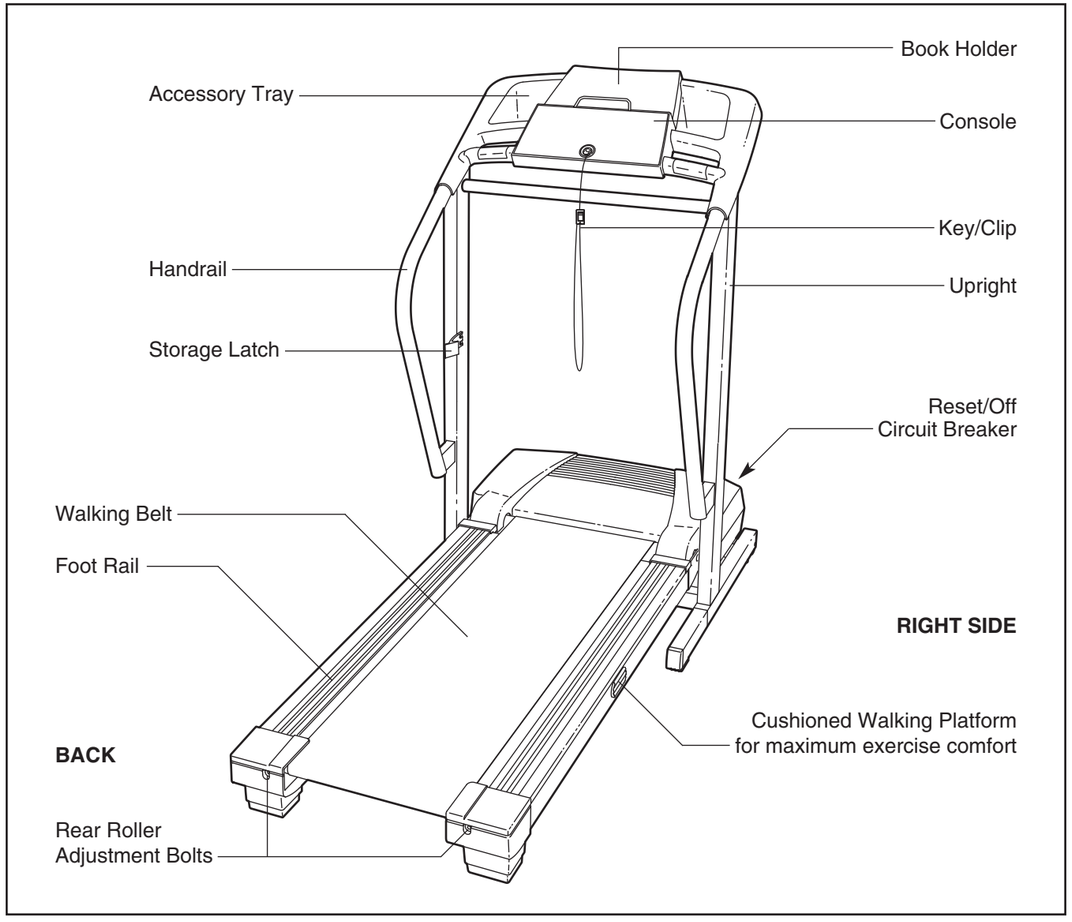


BEFORE YOU BEGIN

Thank you for selecting the new PROFORM® 380 P treadmill. The 380 P treadmill offers an array of features designed to make your workouts at home more enjoyable and effective. And when you're not exercising, the unique 380 P treadmill can be folded up, requiring less than half the floor space of other treadmills.

For your benefit, read this manual carefully before you use the treadmill. If you have questions after reading this manual, please see the front of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number of the treadmill is PETL38905.1. The serial number can be found on a decal attached to the treadmill (see the front of this manual for the location).

Before reading further, please review the drawing below and familiarise yourself with the labelled parts.



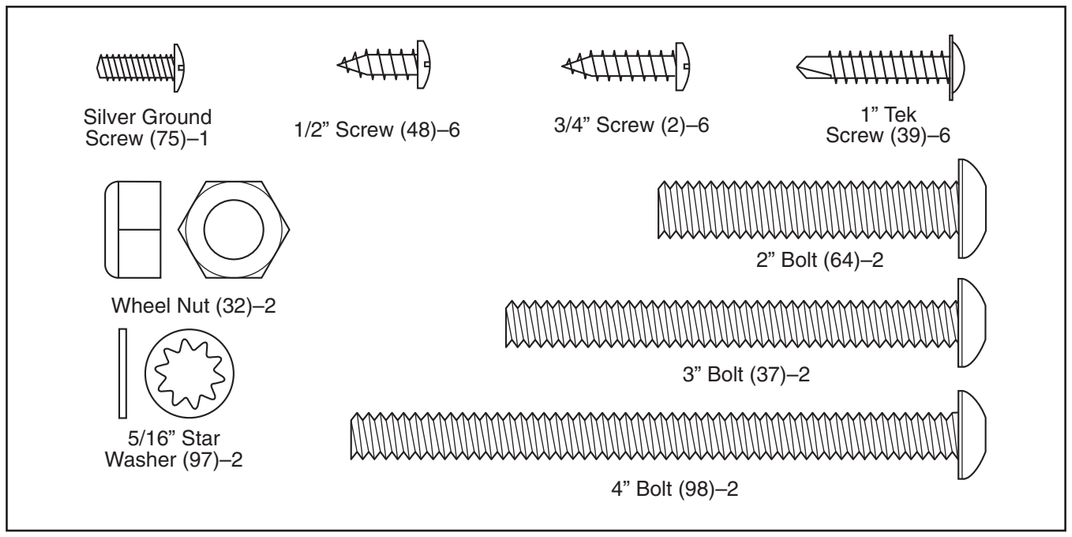
ASSEMBLY

Assembly requires two persons. Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed.

Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This is a normal condition and does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

Assembly requires the included hex keys and your own phillips screwdriver , rubber mallet , and adjustable spanner .

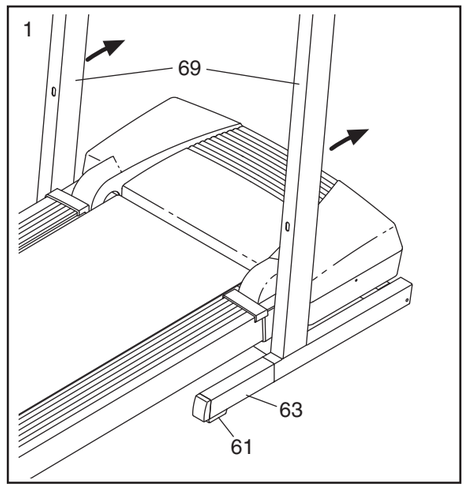
For help identifying assembly hardware, see the drawings below. If a part is not in the parts bag, first check to see if it has been preassembled.



1. **Make sure that the power cord is unplugged.**

   With the help of another person, carefully raise the Uprights (69) to the vertical position. Insert one of the Extension Legs (63) into the treadmill as shown. (Note: It may be helpful to tip the Uprights as you insert the Extension Leg.) Make sure that the Base Pad (61) is under the Extension Leg.

   Insert the other Extension Leg (63) in the same way.



TROUBLESHOOTING

Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, see the front of this manual.

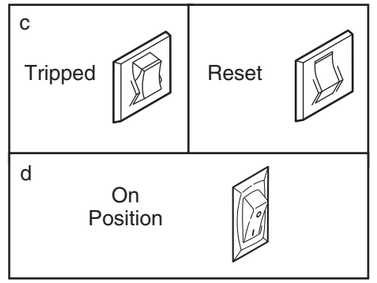
PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a properly earthed outlet. (See page 10.) If an extension cord is needed, use only a 3-conductor, 1 mm² (14-gauge) cord that is no longer than 1.5 m (5 ft.). Important: The treadmill is not compatible with GFCI-equipped outlets.

b. After the power cord has been plugged in, make sure that the key is inserted into the console.

c. Check the circuit breaker located on the treadmill frame near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.

d. Check the on/off switch located on the treadmill frame near the power cord. Make sure that the switch is in the "on" position.



PROBLEM: The power turns off during use

SOLUTION: a. Check the circuit breaker located on the treadmill frame near the power cord (see c. above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

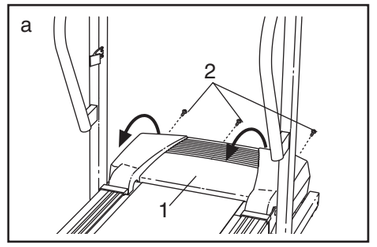
c. Remove the key from the console. Reinsert the key into the console.

d. Make sure that the on/off switch is in the on position.

e. If the treadmill still will not run, see the front of this manual.

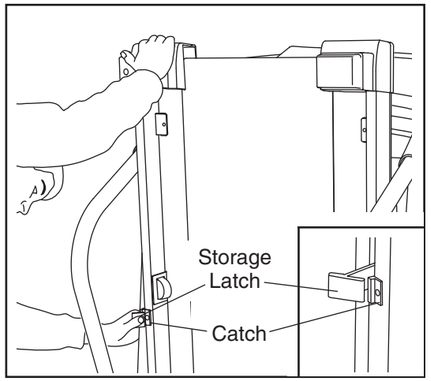
PROBLEM: The displays of the console do not function properly

SOLUTION: a. Remove the key from the console and **UNPLUG THE POWER CORD.** Remove the 3/4" Screws (2) from the Hood (1), and carefully pivot the Hood off.

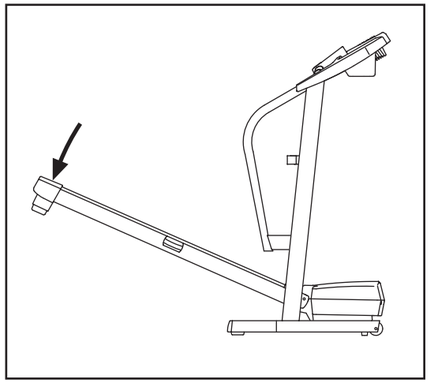


HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand. Press the storage latch to the left. Pivot the frame down until the frame and foot rail are past the storage latch.



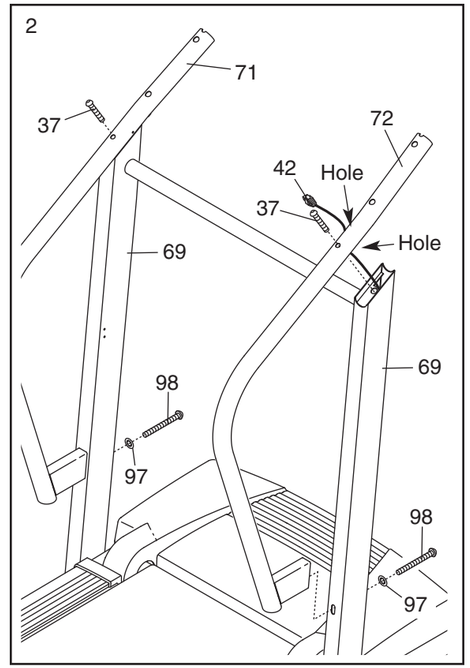
2. Hold the frame firmly with both hands, and lower the frame to the floor. **Do not drop the frame to the floor. To decrease the possibility of injury, bend your legs and keep your back straight.**



2. Identify the Right Handrail (72), which has a large hole in the left side. Feed the Upright Wire (42) into the hole in the bottom of the Right Handrail and out of the large hole in the side. Note: It may be helpful to use needlenose pliers to pull the Upright Wire out of the hole.

   Attach the upper end of the Right Handrail (72) to the right Upright (69) with a 3" Bolt (37). **Do not tighten the Bolt yet.** Attach the lower end of the Right Handrail with a 4" Bolt (98) and a 5/16" Star Washer (97). **Do not tighten the Bolt yet.**

   Attach the upper end of the Left Handrail (71) to the left Upright (69) with a 3" Bolt (37). **Do not tighten the Bolt yet.** Attach the lower end of the Left Handrail with a 4" Bolt (98) and a 5/16" Star Washer (97). **Do not tighten the Bolt yet.** Note: There is not an Upright Wire on the left side.



3. With the help of another person, carefully lower the Uprights (69) as shown. Note: It may be helpful to place one foot on one of the Extension Legs (63) as you tip the Uprights. **Make sure that the Extension Legs remain in the Uprights.**

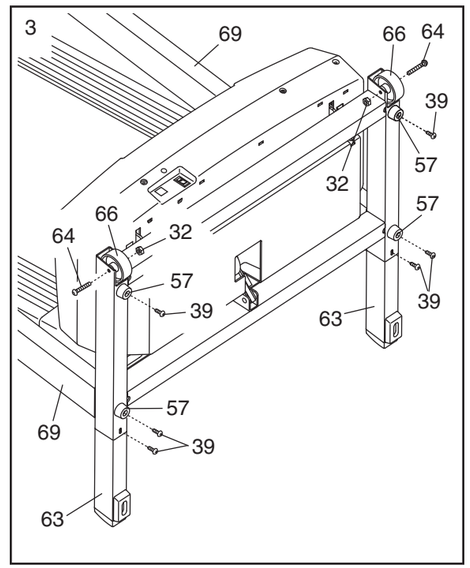
   Attach each Extension Leg (63) with two 1" Tek Screws (39) and a Round Base Pad (57) as shown. **Attach the lower Tek Screw, without the Round Base Pad, first.**

   Attach two Round Base Pads (57) to the base of the Uprights (69) with two 1" Tek Screws (39).

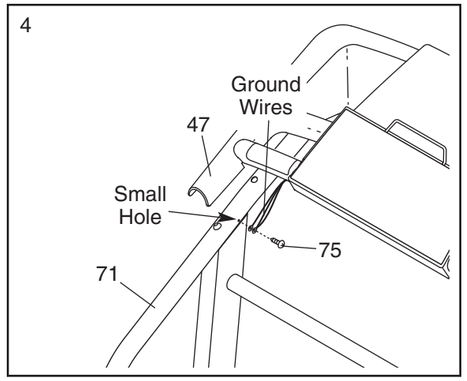
   Attach the two Wheels (66) with two 2" Bolts (64) and two Wheel Nuts (32) as shown. **Do not overtighten the Bolts;** the Wheels should turn freely.

   With the help of another person, carefully raise the Uprights (69) to the vertical position.

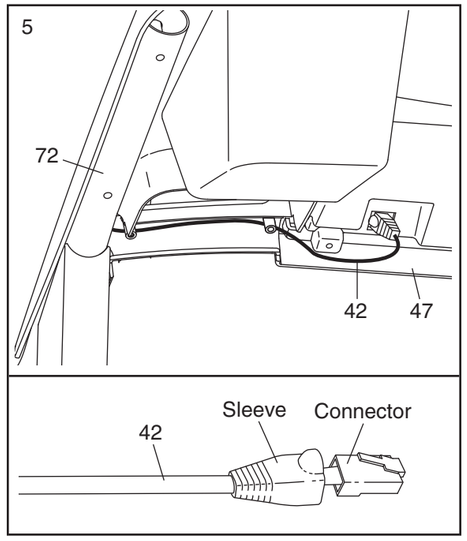
   See step 2. Tighten the two 3" Bolts (37) and the two 4" Bolts (98).



4. Hold the Console Base (47) near the Left Handrail (71). Attach the ends of the ground wires on the Console Base to the indicated small hole in the Left Handrail with the Silver Ground Screw (75).

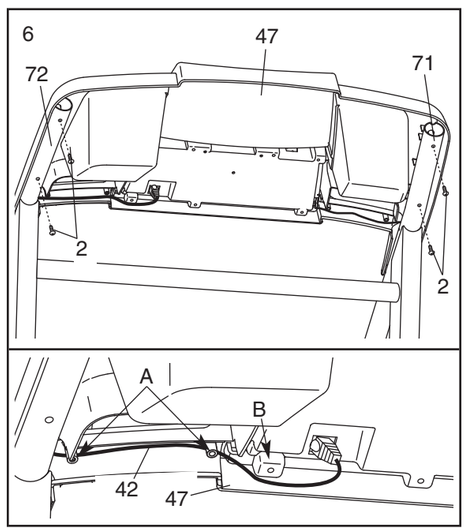


5. **Touch the Right Handrail (72) to discharge any static.** Slide the sleeve off the connector on the Upright Wire (42) as shown in the inset drawing. Next, press the end of the Upright Wire into the socket in the bottom of the Console Base (47). **The connector should slide easily into the socket and snap into place.** If the connector does not slide easily and snap into place, turn the connector and then insert it. Then, slide the sleeve back over the connector.



6. Set the Console Base (47) on the Right Handrail (72) and the Left Handrail (71). Attach the Console Base with four 3/4" Screws (2). **Start all four Screws before tightening them; do not overtighten the Screws.**

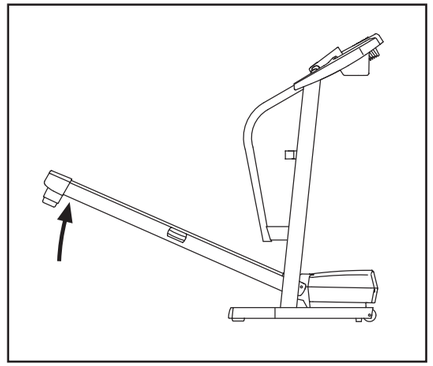
   See the lower drawing. **Make sure that the Upright Wire (42) is routed below the two indicated round posts (A).** Next, press the Upright Wire into the slot between the square post (B) and the Console Base (47).



HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

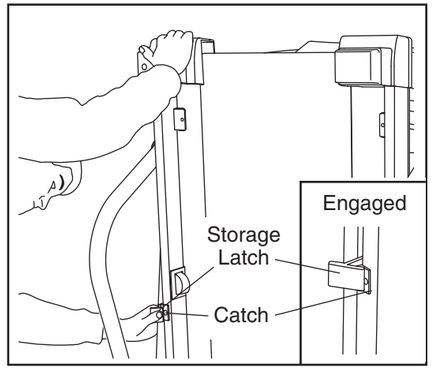
Before folding the treadmill, adjust the incline to the lowest position. If this is not done, the treadmill may be permanently damaged. Next, unplug the power cord. CAUTION: You must be able to safely lift 20 kg (45 lbs.) to raise, lower, or move the treadmill.



1. Hold the frame with your hands in the locations shown by the arrow at the right. **To decrease the possibility of injury, bend your legs and keep your back straight. As you raise the frame, make sure to lift with your legs rather than your back.** Raise the frame about halfway to the vertical position.

2. Move your right hand to the position shown and hold the treadmill firmly. Using your left thumb, press the storage latch to the left. Raise the frame until the storage latch closes over the catch. **Make sure that the frame is securely held by the storage latch.**

   To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 30° C (85° F).



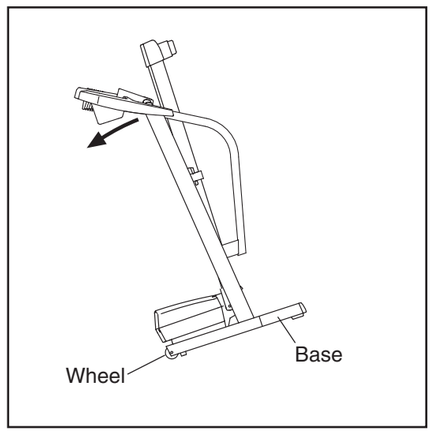
HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert the treadmill to the storage position as described on page 16. **Make sure that the frame is securely held by the storage latch.**

1. Hold the upper ends of the handrails, and place one foot against one of the wheels.

2. Tilt the treadmill back until it rolls freely on the wheels. Carefully move the treadmill to the desired location. **To reduce the risk of injury, use extreme caution while moving the treadmill. Do not move the treadmill over an uneven surface.**

3. Place one foot against one of the wheels, and carefully lower the treadmill until it is resting in the storage position.



HOW TO USE AN IFIT.COM PROGRAM DIRECTLY FROM OUR WEB SITE

Our Web site at www.iFIT.com allows you to access basic programs, audio programs, and video programs directly from the internet. Additional options are soon to be available. See www.iFIT.com for details.

To use programs from our Web site, the treadmill must be connected to your home computer. See HOW TO CONNECT YOUR COMPUTER on page 17. In addition, you must have an internet connection and an internet service provider. A list of specific system requirements is found on our Web site.

Follow the steps below to use a program from our Web site.

1 **Insert the key into the console.**

See HOW TO TURN ON THE POWER on page 13.

2 **Select the iFIT.com mode.**

See step 2 on page 18.

3 **Go to your computer and start an internet connection.**

4 **Start your web browser, if necessary, and go to our Web site at www.iFIT.com.**

5 **Follow the desired links on our Web site to select a program.**

Read and follow the on-line instructions for using a program.

6 **Follow the on-line instructions to start the program.**

When you start the program, an on-screen countdown will begin.

7 **Return to the treadmill and stand on the foot rails. Find the clip attached to the key and slide the clip onto the waistband of your clothes.**

When the on-screen countdown ends, the program will begin and the walking belt will begin to move. Hold the handrails, step onto the walking belt, and begin walking. During the program, an electronic "chirping" sound will alert you when the speed and/or incline of the treadmill is about to change. **CAUTION: Always listen for the "chirp" and be prepared for speed and/or incline changes.**

If the speed or incline settings are too high or too low, you can manually override the settings at any time by pressing the Speed or Incline buttons on the console. **However, when the next "chirp" is heard, the speed and/or incline will change to the next settings for the program.**

To stop the walking belt at any time, press the Stop button on the console. To restart the program, press the Start button or the Speed increase button. After a moment, the walking belt will begin to move at 1 mph. **When the next "chirp" is heard, the speed and incline will change to the next settings of the program**.

When the program is completed, the walking belt will stop. Note: To use another program, press the Stop button and go to step 5.

Note: If the speed and/or incline of the treadmill does not change when a "chirp" is heard, make sure that the iFIT indicator is lit and that the Time/Incline display is not flashing. In addition, make sure that the audio cable is properly connected.

8 **Follow your progress with the five displays.**

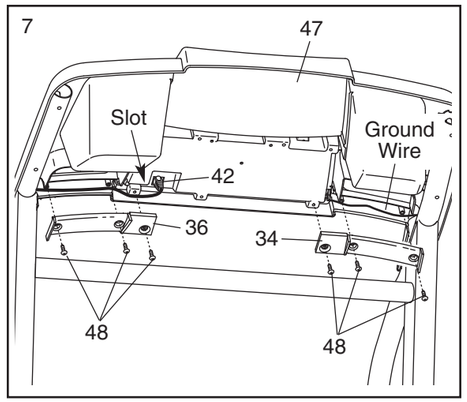
See step 5 on page 13.

9 **When you are finished exercising, remove the key from the console.**

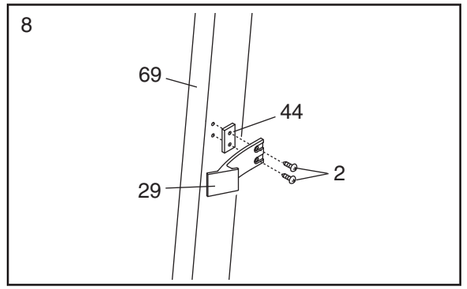
See step 8 on page 16.

7. Press the Upright Wire (42) into the slot in the underside of the Console Base (47) in the indicated area. Cover the Upright Wire with the Right Grip Plate (36). **Be careful not to pinch the Upright Wire.** Tighten three 1/2" Screws (48) into the Right Grip Plate and the Console Base.

   Attach the Left Grip Plate (34) over the ground wire and the other wires with three 1/2" Screws (48). **Be careful not to pinch any of the wires.**



8. Attach the Storage Latch (29) and the Latch Spacer (44) to the left Upright (69) with two 3/4" Screws (2) as shown. **Do not overtighten the Screws.**



9. **Make sure that all parts are properly tightened before you use the treadmill.** Note: Extra hardware may be included. Keep the included hex keys in a secure place; the large hex key is used to adjust the walking belt (see page 24). To protect the floor or carpet, place a mat under the treadmill.

OPERATION AND ADJUSTMENT

THE PRE-LUBRICATED WALKING BELT

Your treadmill features a walking belt coated with high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances will deteriorate the walking belt and cause excessive wear.**

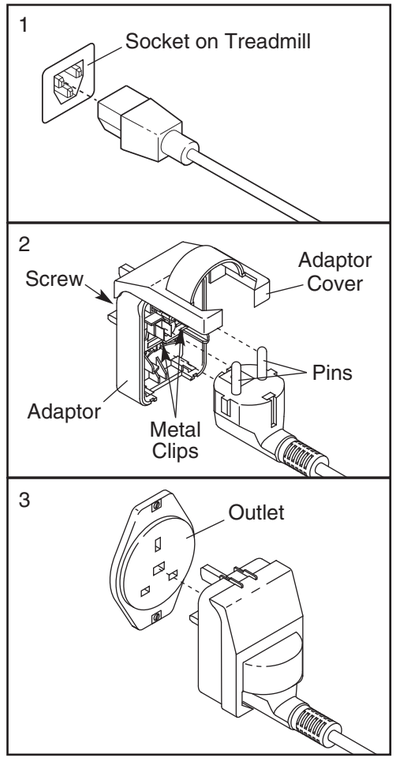
HOW TO PLUG IN THE POWER CORD

This product must be earthed. If it should malfunction or break down, earthing provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a power cord having an equipment-earthing conductor and an earthing plug. **Important: If the power cord is damaged, it must be replaced with a manufacturer-recommended power cord.**

See drawing 1. Plug the indicated end of the power cord into the socket on the treadmill.

See drawing 2. Press the pins on the other end of the power cord into the indicated metal clips in the adaptor. Close the adaptor cover over the end of the power cord and tighten the screw in the adaptor. **Important: Make sure that the adaptor cover is secure and that the screw has been tightened before using the power cord.**

See drawing 3. Plug the power cord into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances. **Important: The treadmill is not compatible with GFCI-equipped outlets.**



⚠ DANGER: Improper connection of the equipment-earthing conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly earthed. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

During the program, an electronic “chirping” sound will alert you when the speed and/or incline of the treadmill is about to change. **CAUTION: Always listen for the “chirp” and be prepared for speed and/or incline changes. In some instances, the speed and/or incline may change before your personal trainer describes the change.**

If the speed or incline settings are too high or too low, you can manually override the settings at any time by pressing the Speed or Incline buttons on the console. However, **when the next “chirp” is heard, the speed and/or incline will change to the next settings of the program.**

To stop the walking belt at any time, press the Stop button on the console. To restart the program, press the Start button or the Speed increase button. After a moment, the walking belt will begin to move at 1.0 mph. **When the next “chirp” is heard, the speed and/or incline will change to the next settings of the program**.

When the program ends, the walking belt will stop. Note: To use another MP3, CD, or video program, press the Stop button or remove the key and go to step 1 on page 18.

Note: If the speed and/or incline of the treadmill does not change when a “chirp” is heard:

- **Make sure that the iFIT indicator is lit and that the Time/Incline display is not flashing. If the display is flashing, press the Start button or the Speed increase button on the console.**
- **Adjust the volume of your MP3 player, CD player, or VCR. If the volume is too high or too low, the console may not detect the program signals.**
- **Make sure that the audio cable is properly connected.**
- **If you are using a portable CD player and the CD skips, set the CD player on the floor or another flat surface instead of on the console.**

4 Follow your progress with the five displays.

See step 5 on page 12.

5 Measure your heart rate if desired.

See step 6 on page 13.

6 When you are finished exercising, remove the key.

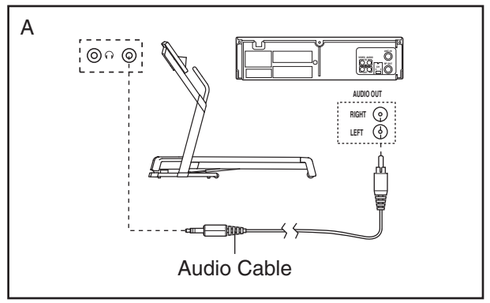
See step 7 on page 13.

CAUTION: Always remove iFIT.com CDs and videocassettes from your CD player and VCR and disconnect your MP3 player when you are not using them.

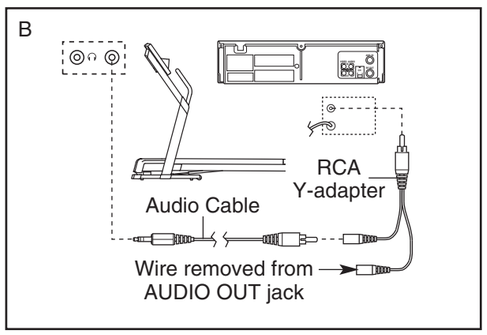
HOW TO CONNECT YOUR VCR

Note: If your VCR has an unused AUDIO OUT jack, see instruction A below. If the AUDIO OUT jack is being used, see instruction B. If you have a TV with a built-in VCR, see instruction B. If your VCR is connected to your home stereo, see HOW TO CONNECT YOUR HOME STEREO on page 17.

A. Plug one end of a long 3.5 mm to RCA stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the AUDIO OUT jack on your VCR.



B. Plug one end of a long 3.5 mm to RCA stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the AUDIO OUT jack on your VCR and plug the wire into the unused side of the Y-adapter. Plug the Y-adapter into the AUDIO OUT jack on your VCR.



HOW TO USE AN IFIT.COM MP3, CD, OR VIDEO PROGRAM

To use an iFIT.com MP3, CD, or video program, the treadmill must be connected to your MP3 player, CD player, or VCR. See HOW TO CONNECT THE TREADMILL TO USE IFIT.COM PROGRAMS on pages 16 to 18. **To download iFIT.com MP3 programs, go to www.iFIT.com. To purchase iFIT.com CDs or videocassettes, call the telephone number on the front of this manual.**

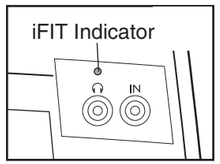
Follow the steps below to use an iFIT.com MP3, CD, or video program.

1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 12.

2 Select the iFIT.com mode.

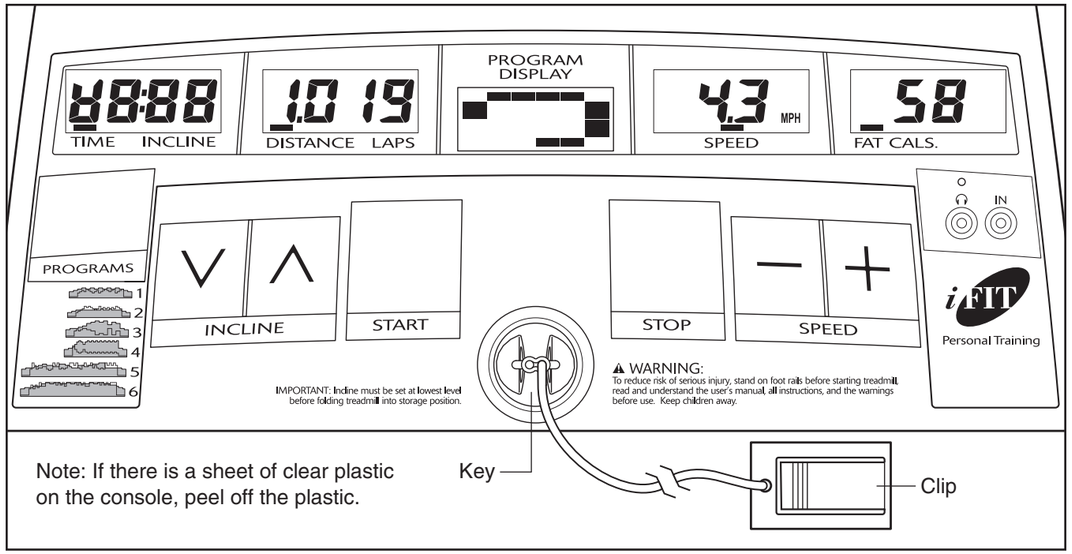
To select the iFIT.com mode, press the Programs button repeatedly until the iFIT indicator lights.



3 Press the Play button on your CD player or VCR.

Note: If you are using an iFIT.com CD, insert the CD into your CD player; if you are using an iFIT.com videocassette, insert the videocassette into your VCR.

A moment after the Play button is pressed, your personal trainer will begin guiding you through your workout. Simply follow your personal trainer's instructions. Note: If the Time/Incline display is flashing, press the Start button or the Speed increase button on the console. The treadmill will not respond to an MP3, CD, or video program while the display is flashing.



Note: If there is a sheet of clear plastic on the console, peel off the plastic.

FEATURES OF THE CONSOLE

The treadmill console offers a selection of features designed to make your workouts more effective. When the manual mode of the console is selected, the speed and incline of the treadmill can be changed with the touch of a button. As you exercise, the five displays will provide continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor or the optional chest pulse sensor.

Six preset programs are also offered. Each program automatically controls the speed and incline of the treadmill as it guides you through an effective workout.

The console also features iFIT interactive technology. Having iFIT technology is like having a personal trainer in your home. Using a stereo audio cable, you can connect the treadmill to your portable stereo, home stereo, computer, or VCR and play special iFIT MP3, CD, and video programs (iFIT MP3 programs, CDs, and videocassettes are available separately). iFIT programs automatically control the speed and incline of the treadmill as a personal trainer guides you through every step of your workout; high-energy music provides added motivation. **To purchase and download iFIT MP3 programs, go to www.iFIT.com. To purchase iFIT CDs or videocassettes, call the toll-free telephone number on the front of this manual.**

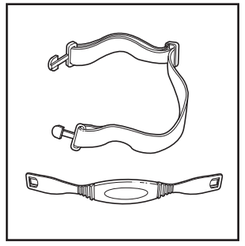
With the treadmill connected to your computer, you can also go to our Web site at www.iFIT.com and access programs directly from the internet. **See www.iFIT.com for more information.**

To use the manual mode of the console, follow the steps beginning on page 12. **To use a preset program,** see page 14. **To use an iFIT.com CD or video program**, see page 18. **To use an iFIT.com program directly from our Web site**, see page 20.

Note: To prevent damage to the walking platform, wear clean athletic shoes while using the treadmill. The first time the treadmill is used, observe the alignment of the walking belt, and center the walking belt if necessary (see page 24).

THE OPTIONAL CHEST PULSE SENSOR

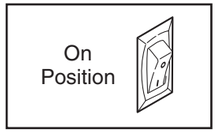
A chest pulse sensor is available separately. The chest pulse sensor continuously monitors your heart rate and offers hands-free operation. **To purchase a chest pulse sensor, call the toll-free telephone number on the front of this manual.**



HOW TO TURN ON THE POWER

1 Plug in the power cord (see page 10).

2 Locate the on/off switch on the treadmill frame near the power cord. Make sure that the switch is in the "on" position.



3 Stand on the foot rails of the treadmill. Find the clip attached to the key (see the drawing on page 11) and attach the clip securely to the waistband of your clothes. Next, insert the key into the console. After a moment, the displays will light. **Important: In an emergency situation, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward until the key is pulled from the console. If the key is not pulled from the console, adjust the position of the clip as needed.**

HOW TO USE THE MANUAL MODE

1 Insert the key into the console.

See HOW TO TURN ON THE POWER above.

2 Select the manual mode.

When the key is inserted, the manual mode will be selected. If you have selected a program or the iFIT.com mode, remove the key and then reinsert it.

3 Press the Start button or the Speed increase button to start the walking belt.

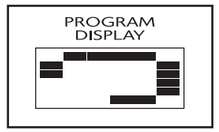
A moment after the button is pressed, the walking belt will begin to move. Hold the handrails and begin walking. As you exercise, change the speed of the walking belt as desired by pressing the Speed buttons. Each time a button is pressed, the speed setting will change by 0.1 mph. If a button is held down, the speed setting will change in increments of 0.5 mph.

To stop the walking belt, press the Stop button. The Time/Incline display will begin to flash. To restart the walking belt, press the Start button or the Speed increase button.

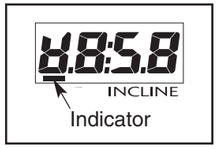
4 Change the incline of the treadmill as desired.

To change the incline of the treadmill, press the Incline buttons. Each time a button is pressed, the incline will change by 0.5%.

5 Follow your progress with the five displays.



The Program display—When the manual mode or the iFIT.com mode is selected, a 1/4-mile (400-meter) track will appear in the matrix in the Program display. As you walk or run on the treadmill, the indicators around the track will light in succession until the entire track is lit. The track will then darken and the indicators will again begin to light in succession.



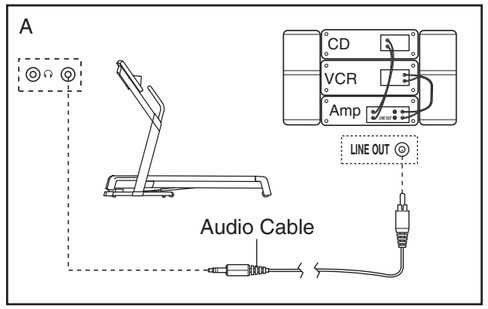
Time/Incline display—When the manual mode or the iFIT.com mode is selected, this display will show the elapsed time and the incline level of the treadmill. The display will alternate between one number and the other every few seconds, as shown by the indicators in the display. When a preset program is selected, the display will show the time remaining in the program and the incline level of the treadmill.

Distance/Laps display—This display shows the distance that you have walked or run and the number of 1/4-mile (400-meter) laps you have completed. The display will alternate between one number and the other every few seconds, as shown by the indicators in the display.

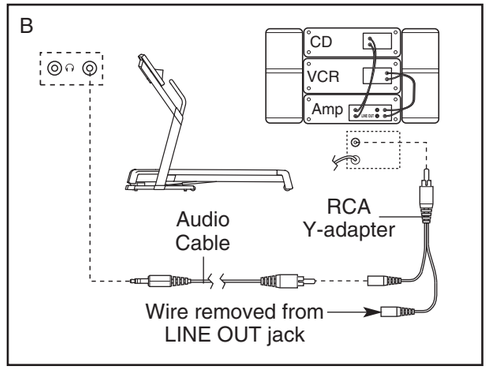
HOW TO CONNECT YOUR HOME STEREO

Note: If your stereo has an unused LINE OUT jack, see instruction A below. If the LINE OUT jack is being used, see instruction B.

A. Plug one end of a long 3.5 mm to RCA stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the LINE OUT jack on your stereo. Note: While the cable is plugged into the LINE OUT jack, do not plug your headphones into the headphone jack on the console.

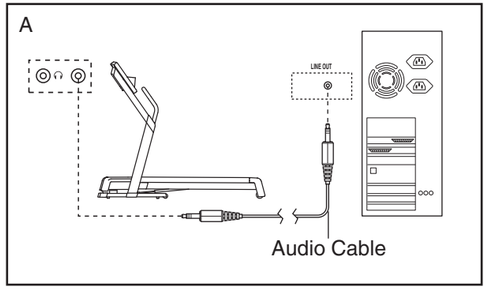


B. Plug one end of a long 3.5 mm to RCA stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the LINE OUT jack on your stereo and plug the wire into the unused side of the Y-adapter. Plug the Y-adapter into the LINE OUT jack on your stereo. Note: While the Y-adapter is plugged into the LINE OUT jack, do not plug your headphones into the headphone jack on the console.



HOW TO CONNECT YOUR COMPUTER

A. Plug one end of a long 3.5 mm to 3.5 mm stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the LINE OUT jack on your computer. Note: While the cable is plugged into the LINE OUT jack, do not plug your headphones into the headphone jack on the console.

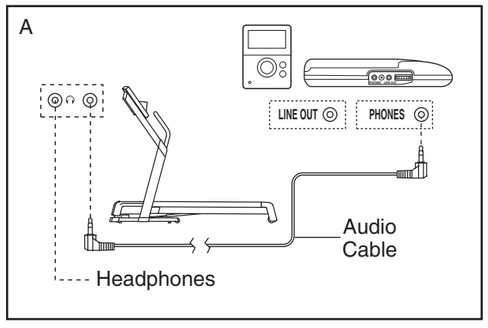


HOW TO CONNECT THE TREADMILL TO USE IFIT.COM PROGRAMS

To use iFIT.com MP3 or CD programs, the treadmill must be connected to your MP3 player, CD player, portable stereo, home stereo, or computer. See pages 16 to 18 for connecting instructions. **To use iFIT.com programs directly from our Web site**, the treadmill must be connected to your computer. See page 17 for connecting instructions. **To use iFIT.com video programs**, the treadmill must be connected to your VCR. See page 18 for connecting instructions.

HOW TO CONNECT YOUR MP3 PLAYER OR CD PLAYER

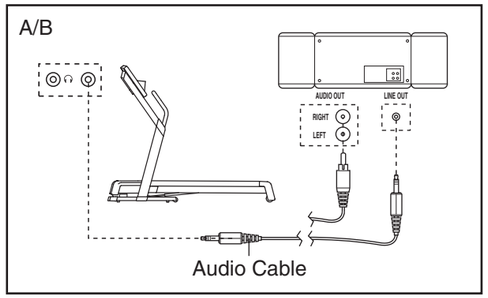
A. Plug one end of the included 3.5 mm to 3.5 mm stereo audio cable into the input jack on the console. Plug the other end of the cable into a jack on your MP3 player or CD player. Plug your headphones into the headphone jack on the console.



HOW TO CONNECT YOUR PORTABLE STEREO

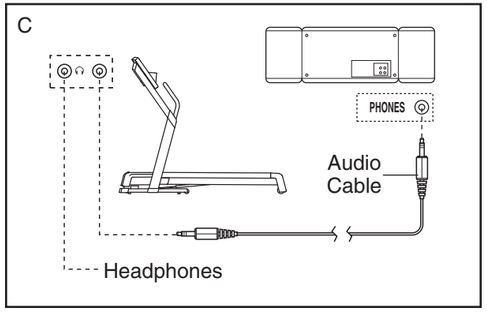
Note: If your stereo has an RCA-type AUDIO OUT jack, see instruction A below. If your stereo has a 3.5 mm LINE OUT jack, see instruction B. If your stereo has only a PHONES jack, see instruction C.

A. Plug one end of a long 3.5 mm to RCA stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the AUDIO OUT jack on your stereo.

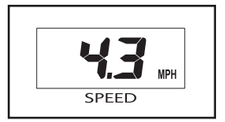


B. See the drawing above. Plug one end of a long 3.5 mm to 3.5 mm stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the LINE OUT jack on your stereo. Note: While the cable is plugged into the LINE OUT jack, do not plug your headphones into the headphone jack on the console.

C. Plug one end of a long 3.5 mm to 3.5 mm stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the PHONES jack on your stereo. Plug your headphones into the headphone jack on the console.

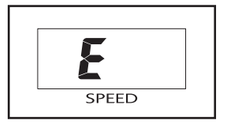


Speed display—This display shows the speed of the walking belt.



Fat/Cals display—This display shows the approximate numbers of *fat calories* and *calories* you have burned (see FAT BURNING on page 25). The display will alternate between one number and the other every few seconds, as shown by the indicators in the display. The display will also show your heart rate when you use the pulse sensor (see step 6).

Note: The console can display speed and distance in either miles or kilometers. The letters "MPH" or "Km/H" will appear in the Speed display to show which unit of measurement is selected. To change the unit of measurement, first select the console's information mode by holding down the Stop button, inserting the key into the console, and then releasing the Stop button. An "E" for English miles or an "M" for metric kilometers will appear in the Speed display. Press the Speed increase button to change the unit of measurement.

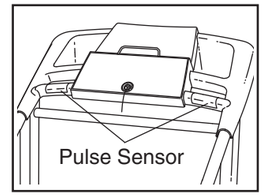


While the information mode is selected, the Time/Incline display will show the total number of hours that the treadmill has been used, and the Distance/Laps display will show the total number of miles or kilometers that the walking belt has moved.

Important: If the letter "d" appears in the Fat/Cals display, the "demo" mode is selected. This mode is intended to be used only when a treadmill is displayed in a store. When the demo mode is selected, the power cord can be plugged in, the key can be removed from the console, and the displays and indicators on the console will automatically light in a preset sequence. The buttons on the console will not function. **If a "d" appears in the display while the information mode is selected, press the Speed decrease button.**

To exit the information mode at any time, remove the key and then reinsert it.

6 Measure your heart rate if desired.



Before using the handgrip pulse sensor, remove the sheets of clear plastic from the metal contacts. In addition, make sure that your hands are clean. Next, hold the handgrip pulse sensor with your palms resting on the metal contacts; **avoid moving your hands**. When your pulse is detected, the heart-shaped indicator in the Fat/Cals display will flash each time your heart beats, one or two dashes (– –) will appear, and then your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

7 When you are finished exercising, remove the key.

Step onto the foot rails, press the Stop button, and adjust the incline of the treadmill to the lowest level. **The incline must be at the lowest level when the treadmill is raised to the storage position or the treadmill will be damaged.** Next, remove the key from the console and put the key in a secure place.

When you are finished using the treadmill, move the on/off switch to the "off" position and unplug the power cord..

HOW TO USE A PRESET PROGRAM

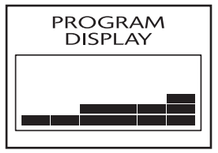
1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 12.

2 Select one of the preset programs.

To select a preset program, press the Programs button repeatedly. The Distance/Laps display will show which preset program (P-1 through P-6) is selected.

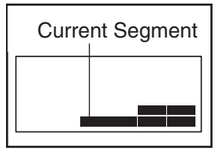
When a preset program is selected, the Time/Incline display will flash the maximum incline setting of the program for a few seconds, and the Speed display will flash the maximum speed setting. The Time/Incline display will then show how long the program will last. In addition, the speed settings of the program will scroll across the matrix in the Program display.



3 Press the Start button or the Speed increase button to start the program.

A moment after the button is pressed, the treadmill will automatically adjust to the first speed and incline settings of the program. Hold the handrails and begin walking.

Each program is divided into either 30 or 50 one-minute segments. One speed setting and one incline setting are programmed for each segment. Note: The same speed setting and/or incline setting may be programmed for two or more consecutive segments.



The speed setting for the first segment will be shown in the flashing Current Segment column of the matrix. (The incline settings are not shown in the matrix.) The speed settings for the next three segments will be shown in the columns at the right.

When only three seconds remain in the first segment of the program, both the Current Segment column and the column to the right will flash, and a series of tones will sound. If the speed and/or incline of the treadmill is about to change, the Speed display and/or the Time/Incline display will flash to alert you. When the first segment ends, *all speed settings in the matrix will move one column to the left*. The speed setting for the second segment will then be shown in the flashing Current Segment column, and the treadmill will automatically adjust to the speed and incline settings for the second segment. Note: If all of the indicators in the Current Segment column are lit after the speed settings have moved to the left, *the speed settings may move downward* so that only the highest indicators appear in the matrix. If some indicators in the Current Segment column are not lit when the speed settings move to the left again, the speed settings will move back up.

The program will continue in this way until the speed setting for the last segment is shown in the Current Segment column and the last segment ends. The walking belt will then slow to a stop.

If the speed or incline setting is too high or too low at any time during the program, you can manually override the setting by pressing the Speed or Incline buttons. Every few times a Speed button is pressed, an additional indicator will appear or disappear in the Current Segment column. (If any of the columns to the right of the Current Segment column have the same number of indicators as the Current Segment column, an additional indicator may appear or disappear in those columns as well.) **Note: When the next segment of the program begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

4 Follow your progress with the five displays.

See to step 5 on page 12.

5 Measure your heart rate if desired.

See step 6 on page 13.

6 When you are finished exercising, remove the key.

See step 7 on page 13.

PART LIST—Model No. PETL38905.1

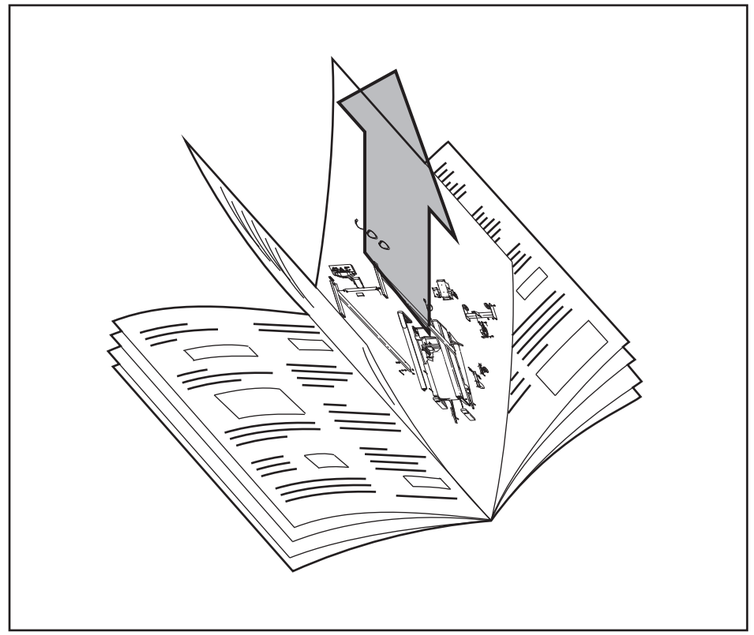
R1205A

Key No.	Qty.	Description
1	1	Hood
2	16	3/4” Screw
3	1	Motor Belt
4	2	Motor Tension Bolt
5	5	3/8” Washer
6	1	Motor Star Washer
7	1	Flywheel
8	1	Drive Motor
9	1	Filter
10	1	Reed Switch
11	1	Latch Warning Decal
12	2	Frame Spacer
13	5	Motor Nut
14	2	Frame Pivot Bolt
15	4	Walking Platform Screw
16	2	Foot Rail
17	1	Front Roller/Pulley
18	1	Magnet
19	1	Motor Pivot Bolt
20	2	Motor Bracket Bolt
21	1	Right Foot Rail Endcap
22	3	Belly Pan Clip
23	1	Front Roller Adjustment Bolt
24	4	Isolator Screw
25	13	Ground Screw
26	2	Platform Nut
27	2	Small Nut
28	2	Motor Tension Nut
29	1	Storage Latch
30	1	Catch
31	2	Rear Endcap Pad
32	2	Wheel Nut
33	2	Motor Bushing
34	1	Left Grip Plate
35	1	Electronic Bracket
36	1	Right Grip Plate
37	2	3” Bolt
38	2	Washer
39	6	1” Tek Screw
40	3	Small Star Washer
41	2	Small Bolt
42	1	Upright Wire
43	1	Console
44	1	Latch Spacer
45	2	Isolator
46	1	Book Holder
47	1	Console Base
48	7	1/2” Screw
49	17	Hood Screw/ Endcap Screw
50	1	Key/Clip
51	1	Incline Motor
52	1	Incline Stop Bracket
53	1	Incline Motor Bolt, Lower
54	1	Incline Bolt, Top
55	1	Motor Mount Bracket
56	1	Motor Controller Wire
57	4	Round Base Pad
58	4	Endcap Screw
59	1	Controller
60	1	Lift Frame
61	2	Base Pad
62	2	Warning Decal
63	2	Extension Leg
64	2	2” Bolt
65	2	Base Endcap
66	2	Wheel
67	4	U-Nut
68	1	8” Cable Tie
69	1	Upright
70	1	Grommet
71	1	Left Handrail
72	1	Right Handrail
73	1	Transformer
74	1	Left Foot Rail Endcap
75	1	Silver Ground Screw
76	1	Photo Switch
77	1	Power Cord Adapter
78	1	Fan Housing
79	1	Power Cord
80	1	Outlet Assembly
81	1	Belly Pan
82	2	Belt Guide
83	5	Belt Guide Screw
84	1	Optic Disk
85	1	Rear Roller
86	1	Frame
87	1	Walking Platform
88	1	iFIT Wire
89	2	Cable Tie Clamp
90	1	Pulse Plate, Right
91	1	Sensor Clip
92	2	Rear Roller Adjustable Bolt
93	1	Right Rear Endcap
94	1	Hex Key
95	1	Left Rear Endcap
96	1	Walking Belt
97	2	5/16” Star Washer
98	2	4” Bolt
99	2	Handrail Endcap
100	1	Pulse Plate, Left
101	2	Isolator Cushion
102	2	Lift Frame Pivot Bolt
103	1	Photo Switch Wire
104	3	Roller Star Washer
105	2	Lift Frame Pivot Nut
106	4	Endcap Screw
#	1	10” Black Wire,M/F
#	1	14” Blue Wire, 2F
#	1	8” White Wire, 2F
#	1	6” Blue Wire, 2F
#	1	20” Blue Wire, 2F
#	1	8” Green Wire, F/R
#	1	6” White Wire, 2F
#	1	12” Red Wire, M/F
#	1	8” Green/Yellow Wire, F/R
#	1	4” Green/Yellow Wire, F/R
#	1	User’s Manual

#These parts are not illustrated.

REMOVE THIS EXPLODED DRAWING AND PART LIST FROM THE MANUAL

Save this EXPLODED DRAWING and PART LIST for future reference.



Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back of the User’s Manual.

EXPLODED DRAWING—Model No. PETL38905.1

R1205A